

Dry Diggins Digest

Issue 5
June 5, 2022

Meet Recap

Congratulations on starting the season off well with the win against Lifetime. Although the result was never in doubt winning the meet 1,973-337 is still very impressive. We still have some things to work on as we continue the season but we had an excellent start. As a reminder please stay in the water after your races so you can shake hands with your competitors and tell them good job. Remember to make sure you are at the ready bench in plenty of time before your races so you will make it to the blocks on time. We are away at Cordova next week and we will run a ready bench for our swimmers in the team area so make sure you are there in plenty of time so make it to your races.

Coaches Corner

By Alan Rosenfeld

The first meet of the season is always a great experience and this year it was unique due to the slightly rainy weather but that didn't detract from great swimming across the board. Everyone did an excellent job of making sure you were present and ready for relays and all the coaches really appreciate that. As a reminder always double check if you are in later relays after scratch has been completed because relays will change if there are scratches in the morning. Our first away meet of the season is next week at Cordova and there are still 60 people that haven't committed or declined the meet. I tried to get some clarification at the meet yesterday but I wasn't able to talk to everyone so please double check and commit or decline by Monday night so I can finish seeded the meet and relays.

Cordova Meet Notes

I will be submitting our entries to Cordova on Wednesday morning. As it is an away meet I cannot add swimmers after I submit our entries. Please double check that you have committed

to the meet if you are attending. We still have 60 swimmers that are undeclared that will not be in the meet if you don't contact me before Tuesday evening.

Cordova is holding their home meets at the Hagan Community Park located at 2197 Chase Drive, Rancho Cordova CA 95670.

Cordova is a fast team and the meet is normally very competitive so it should be a fun exciting meet to be a part of.

Practice Time Update

We will be moving the practice time of the 6 and under group to 11:45-12:15. This will overlap with the 7-8's. On Tuesdays and Thursdays we will be bringing back drop in clinics where any swimmer is welcome to come by and work with coaches on dives, turns, or stroke development in a more one on one setting.

Birthdays of Note

The Dry Diggins Dolphins would like to wish a very happy birthday to the following swimmers and coaches this week:

Chris Bishop

Bailey Bowers

Alexis Tuazon

Wren Little

Gavin Gabbard

Merrwynn Padovan

Lily Hallock

Quotes of the Week

11-12 after hitting his hand hard on the wall on a backstroke turn "ow..." two seconds later after immediately getting hit in the face by another swimmer swimming backstroke "ow again"

Board Bulletin

Thank you everyone for volunteering at the Lifetime meet. It is

hold meets for the swimmers so thank you again for braving the rain and helping on Saturday.

The swimmer files are out on deck and now that we have had our first meet, they are filled with lots of important information. In them you will find your ribbons from the meet along with information about the Swim-A-Thon that is coming up quickly. We will send out more information as the June 23rd dates gets closer.

The buddy binder is out on deck as are the get to know your buddy forms that are in files and in the buddy binder. Please make sure you fill one out and get to know your swim buddy. If you ever have a question about who your buddy is you can ask a coach to connect you.

impossible to run meets without parent volunteers and when the other time doesn't provide their fair share it makes it even tougher. With you we wouldn't be able to

Swimmers of the Week 5-30-22

6 and Under
Addi Real
Rayland Parsons

7-8
Coral Urqhart
Reily Jorgensen

9-10
Janie Thomas
Easton Frazer

11-12
Elizabeth Tarrell
Clavey Freer

13-14
Ashley Tetlow
Christian Larson

15-18
Jordan Burke
Seamus Carroll

Boat Regatta Rules and Regulations

1. **BOATS MUST BE MADE OF CARDBOARD ONLY!** There are only two participants allowed per boat. This can be a team of one parent and one child, two siblings, or any combination of two from our dolphin team family, you choose. The boat may be sealed with tape, caulk, or glue.
2. Wax coated cardboard and concrete column tubing is not allowed.
3. Boats may not contain any floating device. (No rubber rafts, inner tubes, balloons, etc.)
4. If the boat has a cockpit, it must be big enough to escape from if the boat capsizes.
5. The boats dimensions must be no larger than 8ft. x 4ft. x 4ft.
6. The boat must have sides (no rafts) and both contestants have to fit inside.
7. No latex paints allowed as they will leak into the pool.
8. Boat paddles may be provided.
9. No one may interfere with the progress of any contestant.